

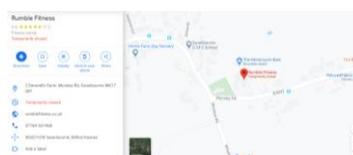


UK OCR Short Course Time Trial Competition.

Welcome to the UKOSF Short Course Time Trial Competition. Your participation in this competition is greatly appreciated as you are supporting the UK Obstacle Racing scene at its grass roots level. If you haven't signed up yet, to take part you simply need to contact us at Rumble Fitness and pre-book your course attempt. This can be done via links on our Time Trial Weekend Events found on Facebook (<https://www.facebook.com/rumblefitness>) or privately through direct booking. You will need your [UKOSF membership number](#) if you wish to be added to the national leaderboards. If you are not a UKOSF member, it's quick and easy to sign up, and you can register for free if you are a key worker or have been impacted by the coronavirus.

The Facility and Coaches:

We are a combined Indoor and Outdoor Obstacle Course Racing Training Academy. We are specialists in OCR Training and have a team of certified Coaches. We operate private booking OCR training and events, athlete development coaching and scouting alongside the management and coaching of our own Race team, Rumble Racing. We have 80m of Rig capacity, and cater for all obstacles seen in the OCR race scene. The Time Trials are held on the Rumble Fitness Proving Grounds. Our facility is private and has onsite parking and toilet available. You must of pre-booked as we DO NOT operate any kind of pay and play service. We are fully insured for the use and training of obstacle sports and fitness classes along with Personal Training and Coaching and conduct extensive risk assessments and maintenance regularly throughout the year. Our coaching team consists of 4 x certified UKOSF Coaches and is managed by Dave Peters, A Sport Science graduate and Personal Trainer who has been coaching OCR since 2013. The Rumble Fitness OCR Academy is found in a village called Swanbourne situated just outside Milton Keynes. We are situated at Deverells Yard just off of Mursley Road behind the local village Church. We can be found on Google Maps by searching for "Rumble Fitness".



Click the link image to see on Google Maps.

1. Athlete Rules and Information

- 1.1 Athletes must act with integrity on the course and follow the outlined rules and penalties detailed. Judges will be present to assess performance.
- 1.2 Athlete age will be based on their date of birth on June 19th, 2020.
- 1.3 Athletes can run the course more than once (additional costs may apply), only their fastest time will count towards the leaderboards.
- 1.4 An athlete cannot record their own time aside then for their own personal record. We will take the official time using a 2 stopwatch system.
- 1.5 All athletes must be [UKOSF members](#) to be included on the national leaderboards however you can still run the course and set a time for the Rumble Fitness Leadboard. While this is possible we actively encourage athletes to support the federation and sign up as a member.
- 1.6 All athletes must have signed a waiver upon registration or at centre prior to induction on the course.
- 1.7 Results will be broken down into gender and division (Under 9's, 9-12, 13-17, Senior (18-39) and Masters (40+) with an overall location leaderboard as well. Please note we only currently run an over 14 course at our training centre.
- 1.8 All athletes should arrive no earlier than 5mins before their allocated time slot and if they do should wait in their vehicles. Athletes will be collected from the Car Park. Athletes are asked to leave promptly once their session has finished to avoid cross over of athletes for the next time slots.

2. Venue Rules and COVID-19 secure measures.

- 2.1 Upon arrival athletes and any accompanying guardians will be asked to sanitise their hands with the provided gel sanitiser. All athletes and others will be asked to sanitise their hands upon leaving centre also.
- 2.2 . We *recommend* using face coverings during briefings and induction where the group of athletes is likely to be in a closer proximity.
- 2.3 Hand Sanitising Gel is available on site and participants are asked to use it regularly. Athletes are also encouraged to bring their own hand gel if they have it.
- 2.4 We are still under strict social distancing measures and ask all athletes to adhere to these measures or risk being asked to leave centre.
- 2.5 If you are unwell in ANY way prior to visiting, we ask you not to travel. Where this is the case we will defer your entry to another suitable date.

- 2.6 Regular cleaning with sodium hypochlorite solution takes place at the training centre and it will be clean and ready for use upon arrival. If you note anything out of place please inform our staff team.
- 2.7 No food is permitted on course.
- 2.8 Athletes are not permitted to bring friends or pets with them to the venue
- 2.9 Please be courteous to other local businesses and their users who share grounds with us for their trade.

3. Course Rules.

- 3.1 The course is 1.6 miles long consisting of 41 x Obstacles.
- 3.2 The format of the course follows a survival running base focused on full body conditioning and rope technique proficiency.
- 3.3 All Obstacles can be re-attempted an unlimited number of times by any athlete. Where a bell is required to signal completion or part completion of any obstacle it must be struck by the athlete's hand and not any other part of the athlete's body.
- 3.4 Failure to complete any obstacle will result in a 1-minute time penalty per Obstacle.
- 3.5 While on course in the event of a faster athlete catching another and it posing an obstruction to their route the slower athlete MUST yield at the next possible point with safety in mind.
- 3.6 In the event of a slower athlete yielding to a faster athlete they will be allocated a 10second buffer per yield to account for any delay of their own lap time.
- 3.7 Your session will last 1.5 to 1.75 hours with approx. 45mins to 1 hour being allowed for briefing, induction, warm up and free practice. The lap time MUST be attempted at your given wave time and you will have 45mins to complete the course. Failure to complete the course within the 45min time frame will result in a DNF.
- 3.8 Your official lap time will be taken by the Rumble Fitness Staff.
- 3.9 Any athlete found deliberately cutting any sections of the course will be disqualified from the competition.

4. The Course

The course is 1.6miles long consisting of 41 x Obstacles which is broken down into 4 sections.

Zone 1: The Running

The *flat* running sections are made up of 2x 800m (*approx.*) segments run on a tarmac surface with a clear designated turn point. 400m out and back. The rest of the running is done on course over loose gravel, stone and grass. *Caution: The surface can be uneven in places.*

Zone 2: The Proving Grounds

This section consists of the 12 x Obstacles listed below with assigned rules. Each athlete will complete this section 3x over the short course lap.

1. **Rumble Olympus Wall.** Athletes MUST start with TWO (2) hands on the first element of the attachment line. From this position they must then traverse the wall using whichever elements they please without touching the ground or top of the wall. Completion of this obstacle is recorded by striking of the finishing bell situated at the end of the obstacle. *Caution: The Olympus Wall is slippery when wet.*
2. **7ft Wall.** Athletes must climb up and over the wall. Athletes are permitted to use the ledge at the foot of the wall to aid their climbing but not any grooves or spacing between wooden slats that make up the wall face. The sides of the wall are also NOT permitted for use.
3. **3ft Wall.** Athletes must climb up and over the wall. Athletes are permitted to use the ledge at the foot of the wall to aid their climbing but not any grooves or spacing between wooden slats that make up the wall face. The sides of the wall are also NOT permitted for use.
4. **Dragons Back Jump.** Athletes must step or jump across the gap from the take-off platform landing with hands on the metal pole. The side structures of this obstacle are NOT permitted for use. Athletes must then climb down the rear of the structure to complete the obstacle. *Caution: Our metal pole spins. The Take-Off Platform can be slippery when wet.*
5. **Flat top weaver.** Athletes must climb up the frame to the first weave pole. The athlete will then continue to drop down through the first gap between weave poles, underneath and back up through the next gap. The athlete will continue in this form until lifting themselves up through the final gap between weave poles and climbing down from the frame. *Caution: The Weaver will leave grazes if movement across it is not controlled effectively.*

6. **Balance beam.** There is a clear mark at either end of the beam where athletes MUST place their feet in order to begin and end the balance beam. Athletes must not fall off the beam in any way. The end T piece of the balance beam is permitted for use by the athlete for foot placement.
7. **Bouldering z-wall.** Athletes will traverse the bouldering wall using foot and hand blocks only as support. The use of the wooden boards for hands or feet in any way is deemed as a failure. This obstacle ends with the striking of a bell.
8. **3ft Wall.** Athletes must climb up and over the wall. Athletes are permitted to use the ledge at the foot of the wall to aid their climbing but not any grooves or spacing between wooden slats that make up the wall face. The sides of the wall are also NOT permitted for use.
9. **Tyre Crawl.** Athletes will crawl underneath the tyre mangle.
10. **7ft Wall.** Athletes must climb up and over the wall. Athletes are permitted to use the step rail on the wall to aid their climbing but none of the sides of the wall or rails are permitted for use.
11. **3ft Wall.** Athletes must climb up and over the wall. Athletes are permitted to use the ledge at the foot of the wall to aid their climbing but not any grooves or spacing between wooden slats that make up the wall face. The sides of the wall are also NOT permitted for use.
12. **7 ft A-Frame.** Athletes will climb up and over the obstacle using the steps provided.

Zone 3: The Carry.

The carry on course is a simple 50m tyre carry from one point to another 25m out and back. Athletes will complete the carry 2x during the lap.

Zone 4: The Technical Barn

This section contains 3x Obstacles requiring grip strength and endurance alongside survival running obstacle technique and proficiency. Each athlete will tackle this section 1x on the course. *Caution: This section requires good grip strength and endurance, confidence and sound technical knowledge. It is the area of the course that requires the most focus and attention and carries the highest risk. Athletes should work within their own means, not be attempting new techniques for the first time as part of their lap and are responsible for working within their own limitations.*

1. **High Rig.** Athletes must start with a foot lock on the first rope and traverse down the rig using only the hanging elements assigned to the rig line. All elements with the

exception of long ropes are hands only including the short rope. Completion of the rig is signalled by a completed and full foot lock on the final rope.

2. High to Low Rig: Athletes will begin this rig line with a 5m rope climb ringing the bell at the top. The athletes will then descend down the rope, lock onto the bottom of the rope and traverse under a wall and into a 4x element low rig. All of this MUST be done without touching the floor at all. The athletes may use the wall face itself to traverse underneath but any touching, scraping or fall onto the floor will incur a fail. The rig is completed by striking the bell at the end of the low rig.
3. Squirrel Rope Traverse. Athletes will climb up from a static rope onto a horizontal rope. They must traverse the rope the full distance and touch the hanging rope at the end to signal completion of the obstacle.

Videos and photographs of some of our obstacles can be found online via our social media channels, facebook and Instagram (@rumblefitness_uk). We will publish video content of the course over the coming weeks.

Time Trial Lap Order:

1. Start
2. 800m Run
3. Zone 2: Proving Grounds (12x Obstacles completed)
4. 50m Tyre Carry (13x Obstacles Completed)
5. Zone 4: The Technical Barn (16x Obstacles Completed)
6. 50m Tyre Carry (17x Obstacles completed)
7. Zone 2: Proving Grounds (29x Obstacles completed)
8. 800m Run
9. Zone 2: Proving Grounds (41x Obstacles completed)
10. Finish

Summary:

- Terrain: Mostly Tarmac and Lose Stone. Some grass.
- Total Mileage: 1.60 miles
- Elevation: 26ft
- Total Obstacles: 41
- Strava Segments: Rumble 800
- 1min time penalty per obstacle
- 10second buffer per yield